

Important!

**Spring MOVE! Schedule for
Weight Management Group Visits 2010 Salem
1660 OAK ST. SE, Salem 97301**

If you have questions about the MOVE! Program you can contact us at (503) 220-3482
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Thursdays	Notes
<u>March 2010</u> Thurs 3/4	What is in your food?	Nutrition	9:30 to 11:30 Conference Room	Jan Ext. x 52565
Thurs 3/11	Introduction to the Benefits of Exercise	Physical Activity	9:30 to 11:30 Conference Room	Diana Ext. x 51499
Thurs 3/18	Getting and Staying Motivated	Behavior	9:30 to 11:30 Conference Room	
<u>April 2010</u> Thurs 4/8	Trim the Fat	Nutrition	9:30 to 11:30 Conference Room	
Thurs 4/15	Strength, Balance and Flexibility	Physical Activity	9:30 to 11:30 Conference Room	
Thurs 4/22	Handling and Reducing Stress	Behavior	9:30 to 11:30 Conference Room	
<u>May 2010</u> Thurs 5/6	Sweets, Snacks and Hydration	Nutrition	9:30 to 11:30 Conference Room	
Thurs 5/13	Wild Card??	Top Secret	9:30 to 11:30 Conference Room	
Thurs 5/20	Self-Control and Impulse Control	Behavior	9:30 to 11:30 Conference Room	

Salem CBOC's Spring 2010 Schedule